

GREETINGS FROM PRESIDENT/CEO VALERIE HUBER

The Institute for Women's Health (IWH) is honored to announce the groundbreaking Women's Optimal Health Framework (WOHF). This Framework was developed to provide concepts and research to support great health policy and evidence-based resources to equip health providers. The Institute's unwavering belief is that Optimal Health for women across the entire lifespan - from the first thousand days of life until her last breath - should be the universal goal. Our philosophy is consistent with the foundational pillars of the Geneva Consensus Declaration (GCD) that honor women, families, life, and national sovereignty.

Protecting and respecting women begins with protecting and respecting girls. IWH is alarmed by the tragedy of selective female abortions and infanticide. The WOHF respects every life, including that of refugees, ethnic minorities, vulnerable populations, individuals with impairments, and all women from their earliest days in the womb, supporting their well-being throughout their lifespan.

Decades ago, Abraham Maslow recognized that physical health and safety were foundational to belonging, social needs, and purpose for an individual. In many ways, that theory reflects the components of Optimal Health: the importance of physical, social, intellectual, emotional, and spiritual well-being. Consequently, the WOHF addresses interventions supporting women and their families across multiple aspects of health, opportunities, and relationships.

Research related to health interventions and outcomes consistently supports the need to address all aspects of well-being. Hundreds of articles have been reviewed to produce the Women's Optimal Health Framework, providing an evidence-based resource promoting high-value, low-cost health promotion implemented across a broad range of cultures and countries. The global shortage of healthcare workers demands action. It is time to fully activate Community Health Workers' potential and develop stable, consistent structures to provide training, connection to health systems, and predictable incentives.

Sovereign countries that are committed to the health and prosperity of their citizens support good health interventions in community, faith, and educational settings, as well as health facilities. Creating and maintaining a healthy environment is not the job of an outside NGO or directed financial aid from another country; it is the role of caring and innovative national and community leaders. IWH applauds the commitment of sovereign countries to improve and enrich the lives of women and their families and sincerely believes the WOHF guidelines will support those goals.



"Sovereignty means that a country is self-governing and has the ultimate responsibility for its citizens. I strongly encourage national leaders to partner with IWH and use the guidelines and resources of the WOHF to improve and enrich the lives of women and their families in their countries."
-Valerie Huber, President/CEO

"Optimal Health for women must support and value women across the entire lifespan, from the first 1,000 days of life, until her last breath."
-Valerie Huber, President/CEO

Valerie Huber previously served as US Special Representative for Global Women's Health